

Music At St. Joseph Plaza Creates Delightful Atmosphere

Talented Artists Provide Something For Everyone

In 1872 the construction of St. Joseph's Church in Newark drew members of the Community together as they removed over one thousand yards of dirt from the cellar "by voluntary labor" according to the Newark Daily Advertiser of June 5th that year. It also mentioned the generous contribution of Mr. David McCurdy of "some ten horses and carts and about twenty men who are now vigorously engaged in the good work." "The scene of the work presents a novel and decidedly lively appearance and is well worthy of a visit," the article concluded.

The same could be said today of

the magnificent Gothic edifice on West Market Street. Built of Newark brown stone and with a tower two hundred feet high it still dominates the hill, above Newark center, upon which it stands.

As it did in 1872, St. Joseph's still draws the community through its doors to share together their work, their play or a meal with the breaking of bread and wine among friends at what is now called St. Joseph Plaza. It is a gathering place, a comfortable gracious place to meet in an atmosphere of soft old world beauty carefully restored to its former brilliance.

An integral part of the new St.

Joseph Plaza of course is music, which is present live every week day during lunch and dinner, as well as during brunch on Sunday which runs from 9:00 A.M. until 3:00 P.M.

The styles of the artists performing vary considerably ensuring something enjoyable for everyone who comes to listen.

Warren Alston

Performing at The Plaza six days a week is pianist Warren Alston. His solo piano can be heard Monday, Tuesday, and Wednesday afternoons and evenings, and during lunchtime on Friday and the popular Sunday Brunch. His lunchtime repertoire is an easy listening style based on variety since he goes by the theory that "everyone doesn't like everything but everyone does like something." His renditions remind one of the New York supper clubs of old where a soft piano was the mood setter which made the difference between a cold stilted mealtime and a mellow sharing of a meal. In the evenings also the songs

can range anywhere from classical to jazz to rock 'n roll. Anything from Michael Jackson to Prince to Duke Ellington might be served up with style.

Warren likes to take requests and appreciates audience participation. In his Thursday night appearance Mr. Alston is part of the the New New Community Creative Ensemble where he is joined by four other artists - Curtis Mack on Bass; Glenn Mack on Drums; Anthony Spruill on Saxophone and a guest vocalist. He has designed the evening as "a time to have fun." Music on Thursday evenings is a potpurri of groups or sounds with "contemporary jazz" a lot. Sounds from The Crusaders, Spyra Gya, Prince and Billy Joel could run back to back with some popular modern tunes such as My Favorite Things or other show songs. His personal likes are mainstream jazz such as Herby Hancock and John Coltrane and music predominantly from the 50's and 60's. It is an easygoing time

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NCC Network Holds First Workshop Series

It was an historical event. For the first time in their respective pasts, New Community Corporation, Babyland Nursery Inc., and St. Rose of Lima Parish came together to meet one another, to talk with one another, and listen to one another.

During the months of July and August, these three groups have been participating in a program of

participated on August 21, and all tenant representatives were present on August 26. The fourth workshop of the series will be held on October 14 for all employees who have not participated either in July or August.

The two-hour workshops included Monsignor William J. Linder's recounting of the history of New Community and Babyland. The story in-



NCC's Madge Wilson (left) lists some important positive qualities suggested by participants in August 26th tenant representatives workshop.

workshops designed by Sister Dolores Russo, S.C.H. Each of the four workshops included participants from particular areas of the three segments of the New Community Network above-mentioned. On July 27 all directors and other key people were invited to attend. In August there were two workshops. Associate/assistant directors par-

cluded the growing pains and struggles of each of these groups as they began to take shape shortly after the 1967 Newark riots. Monsignor Linder also recalled for the participants the philosophy behind these projects:

"The New Community believes that each person, as a child of God,

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Much Learning, Much Fun At NCC Summer Program

As the summer draws to a close so do all summer activities and hopes and dreams begin for the following summer.

The NCC Summer Youth Program is ending too. August has been a very interesting and educational month

for all involved — from the children, to SPEDY workers, right up to our summer staff. Who ever said, you can't teach an old dog new tricks! Enroll in our next year's summer pro-

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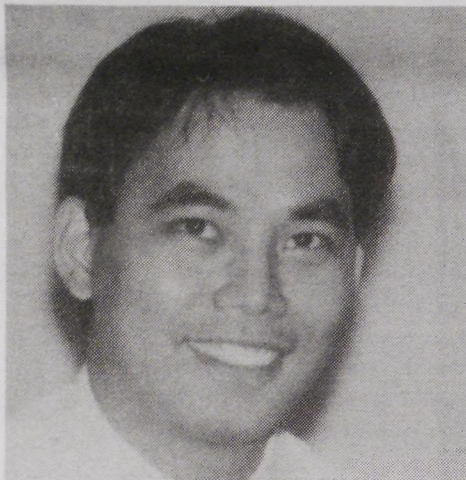


Judith Harte of Turtle Back Zoo offers boa to fascinated kids.

Assistant Controller Joins NCC

Lazaro Pascual has been working in the accounting field for eleven years in both the Philippines and the Washington, D.C. area. For the past four years he has been assistant controller of a large supermarket chain with retail sales of over one-half billion dollars. While he provided them with management services, the firm grew from 11 to 17 locations.

Mr. Pascual feels he will be able to



Lazaro Pascual

use the same skills here at New Community and make a similar contribution to its growth.

He is a graduate of the University of the East where he received a B.S. in accounting and has completed a year's studies toward his M.B.A. at the University of Manila. He was also a C.P.A. in the Philippines.

Larry, as he likes to be called, is married to Nerrissa and has a 3 1/2 month old daughter, Lauren Nicole as well a family of ten brothers and sisters, all of whom are professionals.

We wish him well.

Not Quite Right

In last month's issue of The Clarion we introduced to you Sister Dolores Russo, S.C.H. and identified her erroneously as belonging to the Sisters of Chestnut Hill. The initials were right but Sister Dolores is actually a very proud member of the Sisters of Charity of Halifax, Nova Scotia, adding an international flavor to the representation of Sisters now serving in the New Community Network.

THE NEW COMMUNITY CLARION

The N.C. Clarion is published the first week of each month as a community service. The Editor reserves the right to withhold articles and photographs once they are submitted. Opinions expressed in columns are those of the author and do not necessarily represent the views of the newspaper. Articles are appreciated by any and all concerned.

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New Social Worker At NC Douglas

Coming to New Community from a background filled with work in the fields of social justice, teaching, and vocations, Sister Kathleen Patricia Coll of the Sisters of St. Joseph of Chestnut Hill wasted no time getting to know the residents of New Community Douglas Homes where she has been assigned by the NCC Social Services Department.

She has already experienced the community spirit so beautifully evident when one of the residents passes away. A dinner is provided after memorial services are held and residents of the building pitch in for those attending as in any good neighborhood.

Sister feels that everything she has done so far has been leading up to this, from the first time she entered the religious community.

She remembers telling her superiors she did "not want to teach." she wanted to work with the poor, especially orphans. She was reminded that the poor have to be



Sr. Kathleen Patricia Coll

taught too, to improve their lives. She feels very much at home here already and is pleased to be in this new field (social work) doing this kind of work on behalf of those "suffering under the system." Sister Kathleen thinks "this is where I'm called to be."

"These few days that I have worked here have been a graced period, exchanging with the people, knowing that I am the one profiting," she said sincerely. "It's a bit of an education....learning a side of life that's not my usual experience."

A phrase "as one of them" kept ringing in her ears, she went on to tell me....the total experience of not coming to minister to them but being one of them.

Sister has participated in the Migrant Farm Worker Program in North Carolina and has also volunteered in soup kitchens. She was actively involved in the Witness for Peace steering committee and has fostered awareness of Central American issues as part of her activities. She is both a certified teacher and principal in New Jersey. Her educational credits include a B.A. in English from Chestnut Hill College, Philadelphia, Pennsylvania and an M.A. in administration from Seton Hall University in South Orange, New Jersey as well as an M.A. in moral theology from Immaculate Conception Seminary, Darlington, New Jersey.

Saved From The Wrecker's Ball

When I was a boy of twelve, I was exploring the fringes of my new neighborhood on a hot summer's day in 1947. While walking east on West Market St. in Newark, New Jersey I saw in the distance a magnificent structure of great size and architectural dignity. It was St. Joseph's Church. The magic of its beauty quickly drew me to its doors which were nicely varnished, but more importantly, unlocked. I entered and beheld a reverent Gothic interior of fine design and appointments. The handsome nave columns, cream colored walls dappled with light shining through handsome stained glass, created for me an impressive image which is still clearly etched in my memory.

In the fall of 1947, I enrolled in the parish and attended the parish school. The principal, Sr. John Berchmans, S. C. was devoted to the students and taught us to love God, our neighbors and ourselves. Foolishness was not tolerated, but we were given ample opportunity to take part in the plays and parish entertainments that were held annually for the support of the school. It was a wonderful feeling to look out into the darkened auditorium and discover the silhouette of a parent or friend who after the final curtain call would claim his novice actor and deliver him/her safely home.

When St. Joseph's Parish was closed in 1979, I was not amused. I had visions of a wrecker's ball smashing in that noble facade. It seemed, for the moment, that the institutional Church was about to do violence to me by jeopardizing the safety and welfare of something I held sacred. My emotions were proclaiming iconoclasm; the Roman Catholic Archdiocese stated that it had to make the unpopular move to promote the effectiveness of the "Church" at large and to keep the Archdiocesan Social and Religious commitments in place.

Later on I learned that the Archdiocesan leaders disposed of the property with great sensitivity, and respect for the Gothic Landmark edifice.

While reading the Sunday Edition of the Newark Star Ledger of March the 27th, 1983 I was greatly heartened when I learned that the Archdiocese of Newark sold St. Joseph's to the New Community Corporation, which promised to restore it and turn it into a facility which would continue to serve the people of Newark in positive and meaningful ways. The Advertisement read: "St. Joseph Plaza...This National Historic Landmark building will be completely renovated to provide modern office space. Located close to UMDNJ and the Essex County Courts."

Recently I discovered that the plans for St. Joseph's were shown by its architect, Jeremiah O'Rourke in the Great Newark Industrial Exhibition held at "The Rink" in 1872. It was reported that "General" Grant and Horace Greeley visited the exhibition. The reporter commented, "Our architects exhibit plans of buildings already erected or about to be erected, which are highly creditable to their skill; indeed they show that they are not inferior in intents to those of New York and Philadelphia."

The famous Irish Dominican Priest, Thomas N. Burke gave the oration at the laying of the cornerstone, which was carved from the monastic ruins of Glendalough in Ireland. He said, "May God Bless America! Bless it oh God, because when thy people had no where to lay their head, like thyself, it received and sheltered them."

In 1979 St. Joseph's Church (the building) needed a place to lay its head; in 1983 the New Community Corporation gave it the pillow it needed and deserved, and I am grateful.

Bernard A. Flanagan

WORKSHOP SERIES...

Continued from page 1

is entitled to and capable of confirming his/her own dignity, of determining his/her own destiny. The members of the New Community believe, by reaching out to other residents of Newark who share this belief and by involving their talents, that a concerted raising of the quality of life in Newark can be accomplished."

The last hour of the workshop consisted of input from the participants regarding the strengths and weaknesses of the entities represented. There was also some brainstorming on ways and means of eliminating these weaknesses--especially in communication.

We feel the workshops were successful. The general consensus seemed to be that it is encouraging to hear about your strength. And, recognizing and discussing your weaknesses can be a catharsis. There will be a concerted effort to accentuate the strengths and to eliminate the weaknesses. Further efforts will be made to develop and strengthen the corporations through

periodic inservice of Board Members, Directors, and Staff.

It is always good to look back from time to time to our beginning in order to better appreciate the effort which brought us to where we are today, which is also the foundation for building our tomorrow. The New Community Network is important as it continues to work for a dignified life for all the residents of Newark. We must remember that it was not always the successful corporate and community network it is today. It came up from the ranks, from the residents themselves and has pulled itself up from its grass roots beginnings to employ today around 600 people. As it looks at itself today and its various needs surface, the planning group will devise means of insuring that the organization becomes a self-renewing system of people whose basic motivational needs of activity, achievement, and affiliation are met...so we may continue to serve the people of Newark for many more tomorrows.

A Musical Atmosphere...

Continued from page 1
with a lot of give and take from the audience.

One thing Warren is excited about is the featuring of local talent from time to time. He would like to fashion the evening after the old Apollo Theatre where gifted young artists could find a showcase for their

behind for a time and immerse himself in pure listening pleasure.

On Friday evening Curtis is joined by singer Emily Ross for **Change of Pace** at the Plaza and the old familiars such as **You'll Never Walk Alone**, **Summertime** and Billy Holliday tunes like **My Man** and **God Bless the Child** resound in the



The New Community Creative Ensemble stand by to deliver one of their melodious Thursday night renditions.

talents. Anything can happen and we wish him well.

Curtis Watkins

Our second St. Joseph featured musical artist, Curtis Watkins, is a well known pianist in Newark with a superb voice to accompany his playing. A graduate of the Manhattan School of Music with a degree in voice, Curtis has studied Italian,

beautiful atrium with its stained glass windows, as their audience relaxes in the comfortable parlour-like atmosphere. Contemporary ballads by Lionel Richie and Stevie Wonder also surface.

According to Curtis "music is not only my profession but an extension of myself." He appears regularly as an opera and concert singer in the Newark and New York area. As for his personal music preferences Mr. Watkins likes the style of Roberta Flack and has always admired Nat King Cole. He "worships" Leontyne Price especially in the role of Aida.

Emily Ross

Mrs. Emily Ross is the third artist featured at St. Joseph Plaza, appearing on Friday evening for **Change of Pace** with Mr. Watkins. Emily has been singing since childhood and as a child did classical



Curtis Watkins

French and German and his dream is to sing in the great opera houses of the world. Toward this end he still studies voice in New York twice a week. He feels the life of a concert artist is a grueling one, but rewarding, and Curtis would embrace it heartily and is striving toward such a career. St. Rose of Lima Church in Newark enjoys his talents as their church organist.

Playing on Thursday for lunch, Curtis usually gives his audience a blend of traditional tunes from Broadway or famous nostalgic tunes from the 30's and 40's interspersed with some light classical pieces such as **Claire de lune**. The sound of his playing as one enters for lunch makes a person leave his troubles



Emily Ross

operettas in school. She has studied at Rutgers under Evelyn Greene and at the Manhattan School of Music. She also took private singing lessons at Julliard and has sung professionally since 1961.

Mrs. Ross has been doing church music, has been a choir director and a guest soloist in churches for the

last twenty years. She began as a choir member and as her professional training expanded she graduated into directing. Her style also became more versatile with training and went beyond the classical area to include pops, jazz and gospel music.

No matter what song she sings the audience is carried along with the depth of her vocal quality and the "from the heart" sound of her rendition. She can mesmerize an audience. The joy of singing is also apparent while listening to Emily as she is carried away in time and place while performing. When asked about personal preferences Emily voiced the desire to do "good music; something that the people will enjoy." Dionne Warwick is a favorite and she loves to slip in a little Barbara Streisand. Gladys Knight might also pop up or Lena Horne, or one might find oneself listening to a

little Billie Holliday.

Mrs. Ross had a permanent job with the New Jersey School System but she found that "music was my first love, and it comes from the heart." Although she started as an elementary school teacher, music crept in more and more until she found herself teaching music. "I love singing," she says, and although she loves teaching too, "there are times when I must perform." It is a release for the soul and sound deep within her.

With such able and brilliantly talented people performing regularly at St. Joseph Plaza we hope, as they said in the newspaper of old, "the scene presents a novel and decidedly lively appearance and is well worthy of a visit," from all of you here in our Newark Neighborhood in the year 1986.

(Historical research courtesy of Bernard A. Flanagan.)

THE CHEF'S CORNER



RODRIGUEZ
JOE

1 clove garlic, crushed
2oz. white wine
pinch of oregano
salt and pepper to taste

In a frying pan, saute the onion in 2 ts of olive oil until transparent. Add the rest of the ingredients and saut for about 5 minutes.

When pat-dry the fish. Put one piece of fish on a 12 x 12 parchment paper (wax paper will burn and the fish will stick to the foil). Fill the top of the fish with the stuffing including some of the juice. Put another piece of fish on the top. Seal by folding the paper on top and on the sides. Put on a sheet pan and bake for 25 minutes at 350°.

The whole thing is served immediately on an individual serving plate. The paper is opened at the table where the diners can take in all that delicious aroma from the steam—umm,umm!

This dish is especially recommended for those who are watching their diet. It is very nutritious, low in calories and is guaranteed to please even the most discriminating of palates.

And this is Joe wishing you **bon appetit**.

In this column, I will be describing some of the dishes that I serve at The Priory, St. Joseph Plaza, 233 West Market Street, Newark.

To start things off, I have selected one of the specials:

SNAPPER EN PAPALOTE

This dish requires two 6 oz. pieces of red snapper fillet for each person. Trout will do just as well if all the bones are taken out.

For stuffing, you need:

1 large onion, quartered and sliced
1 large green pepper, quartered and sliced
½ dozen pitless green olives, sliced
½ dozen pitless ripe olives, sliced
3oz. capers



Sous Chef Joe Rodriguez slices a red snapper in the Priory's kitchens.

Security Corner

NCC Security's Youth Program Visits Nation's Capital

On Friday, August 15, 1986, members of NCC Security's Youth Program visited Washington, D.C., the nation's capital. The trip, as a part of an ongoing program, was designed to provide an enjoyable and educational outing for area youths during the summer months.

The trip began at 7:00 a.m., from the Base Station. Director of Security James E. DuBose, Sgt. William Cameron, president of the Sentinels, Sgt. John Jackson, commander of the NCC Security Color Guard, Jim

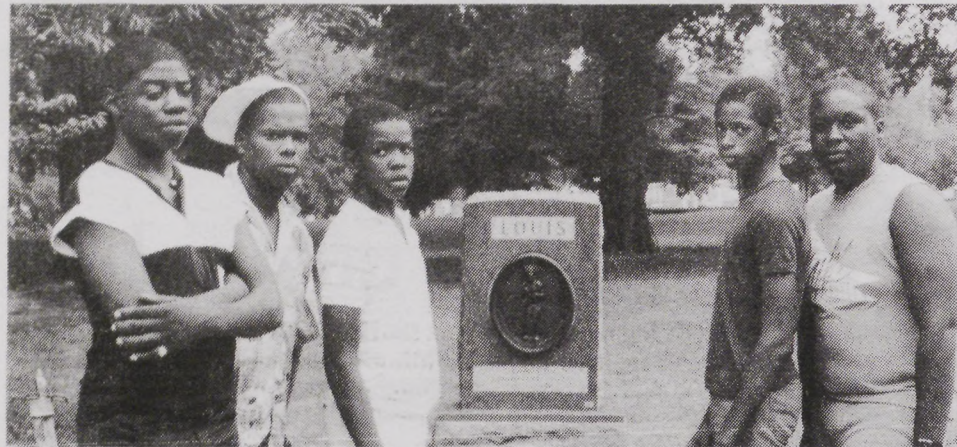
realized the guards were in fact real. After reviewing the changing of the guards at the Tomb, the group visited the gravesites of President John F. Kennedy, his brother Senator Robert Kennedy, and Joe Louis the boxing great whose tombstone (unlike the rest of the white crosses so familiar in the cemetery) is in bronze, significant of the fact that Louis was referred to as the "Brown Bomber" during his boxing career. A stop was also made at the gravesite of General Chappie James,

Washington. This Barracks is the "Oldest Post of the U.S. Marine Corps." For two centuries the Marines have assembled for a drill or parade in the Barracks' Yard. This two-and-one-half-hour parade is attended by invitation only. Referred to as the "Marine Parade Review", it starts at sunset, every

was a safe and successful one, without mishap, and so enjoyable that a second trip is already being planned for next year.

IN AFRICAN AMERICAN DAY PARADE.

On Sunday, September 14, 1986, the NCC Security Color Guard will represent the Corporation at the



Somber-faced lads surround Joe Louis' grave.

Rohrman NCC Systems Analyst and Security Officer Amin Muhammed accompanied the following youths on the all day excursion: Scott Brown; Billie Harper; Ira Brown; Ira Bowman; Paul Harrington; Dwayne Parker; Wugene Thomas; Kinard Thompson; Rahman Holloway; and Gerald Cannon.

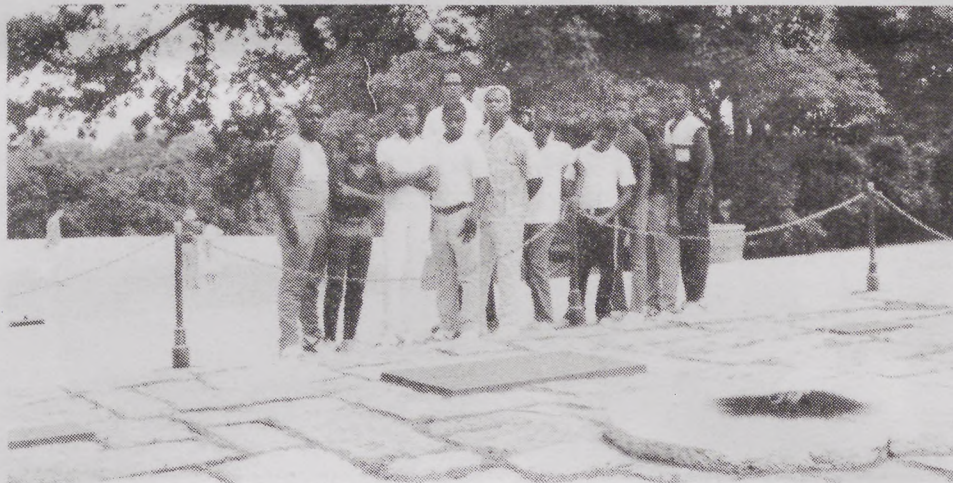
The first stop on the busy agenda was the Arlington National Cemetery in Arlington, Virginia, where they witnessed the changing of the guards at the Tomb of the Unknown Soldiers of World Wars I and II, and the Korean and Vietnamese Wars. When the youths first arrived at the Tomb, questions were raised as to whether the soldiers were real, because of their disciplined deportment in standing at attention with rifles and fixed bayonets. It was not until the soldier guarding the Tomb moved from one end of the runway to the other that the youths

the first black four star general in the United States Air Force. General James was a fighter pilot who had flown missions in World War II, Korea and Vietnam.

The group then visited the Kennedy Center for the Performing Arts, where after a tour of the building, they ate lunch in the Roof-top Cafeteria.

The tour then proceeded to the historic home of the great Slave Abolitionist Frederick Douglass in the Anacostia Section of Washington. The splendid house located atop a hill, overlooking the city, impressed the youths so much that some of them were heard to remark that Frederick Douglass must have been a very wealthy man to have owned such a beautiful home.

Highlight of the trip was the visit to the U.S. Marine Barracks at Eighth and I Streets in southeast



NCC youths watch in awe as the Eternal Flame flickers over John F. Kennedy's grave.

Friday night from May through August. Featured in the Review was a concert by the U.S. Marine Band and the U.S. Marine Drum and Bugle Corps, as well as a silent drill platoon which, with M1 rifles and fixed bayonets, performed complicated and intricate movements without command for twenty minutes. The finale was the "Passing In Review" of the entire Post Battalion, marching to the official Marine Hymn "Semper Fidelis" and other Marine tunes, written by John Philip Sousa, while he was stationed at the Barracks. The program concluded with the playing of "Taps."

The trip to and from Washington 18th Annual African American Day

Parade (the largest Black Parade in America), in New York City. The parade will begin on Adam Clayton Powell Boulevard at 111th Street and end at 142 Street.

SENTINELS DANCE HELD

The Sentinels, a non-profit Benevolent Association composed of the New Community Corporation Security Guards held their Second Annual Pre-Fall Dance on Saturday August 23, 1986, St. Rose of Lima school auditorium, 540 Orange St. Newark, N.J.

The affair was a very successful one as has been the case of previous dances given by the group.

the PRIORY RESTAURANT

At St. Joseph Plaza
233 West Market Street, Newark, New Jersey 07103
(201) 242-8012

★★★★

Italian Continental Cuisine
In An Old World Atmosphere

★★★★

Superb appetizers such as:

- Stuffed Mushrooms with Crabmeat
- Scallops in Bacon En Brochette
- Cold Antipasto

★★★★

Entree favorites include:

- Scallops and Crabmeat — sauteed in a white wine sauce
- Tortellini Romano — pasta filled with crabmeat prepared in a heavy cream sauce with freshly grated parmesan cheese
- Clam and Shrimp Possillipo — with the seafood cooked in burgundy wine
- Veal Cutlet Parmigiana — a tender plump cutlet covered with a light tomato sauce and parmigiana cheese

Cocktails are available

★★★★

Lunch — 11:30 a.m. to 3:00 p.m. Monday through Friday
Dinner — 5:00 p.m. to 10:00 p.m. Monday through Friday
Sunday Brunch — 9:00 a.m. to 3:00 p.m.



A CHANGE OF PACE

ST. JOSEPH PLAZA
THE SANDWICH SHOP
233 W. Market Street
Newark, N.J.



Relax in the quaint atmosphere of the Atrium in St. Joseph's Plaza. Enjoy a delicious buffet including chilled wine, beer and many of your other favorite drinks.

For your listening pleasure piano selections by Curtis Watkins accompanied by Emily Ross, vocalist.

FRIDAY NIGHT SPECIAL

From 5:00 P.M. until 11 P.M.

SCRUMPTIOUS BUFFET

Cash Bar

Busy Summer Program At Babyland

August was a busy month for Babyland's Summer Program.

We kicked off the month in a big way with an early evening music festival and picnic, held in the St. Rose Auditorium. As parents arrived from work, we began with a delicious feast of bar-b-que'd spare ribs, fried chicken and home-made salads prepared by Laura Angulo. Then, when everyone finished eating, the entertainment began.

First, the children danced and sang to a variety of popular records. This was followed with performances by three professional singers, all of whom were produced by our counselor Eddie Sanders. The highlight was "Derky" who sang 3 songs from his soon-to-be-released

album "Shades of Culler." All in all, it was a fun evening for everyone.

As the month progressed, we went to the planetarium, Turtle Back Zoo, and Sandy Hook, as well as continuing swimming, tennis, aerobics and computer instruction.

The summer ended for us with a few surprises, mainly a chance to go horseback riding and a visit from "The Wiz Kids."

Thanks to hard work from the staff, we all had a happy, enjoyable summer. Special thanks to Rooney, Rolando, Sabrina, and of course, our chefs, Laura Angulo and Rita Gallardo. Hope to see you next summer!

Dan Fabrizio
Coordinator

Babyland Welcomes New Teachers

September first marked the arrival at Babyland of a long awaited teacher/supervisor and a kindergarten teacher, and was also a time to regretfully say farewell to an excellent group of summer youth employees.

For the past two years, Babyland has searched diligently for a suitable candidate to fill the teacher/supervisor position and we now welcome Mrs. Lorraine Crawford to our family. Mrs. Crawford brings a wealth of knowledge and experience to our early childhood program and is looking forward to enhancing the educational component with her creative ideas.

Many of our last year's pre-schoolers will remain with us this year after their parents expressed an interest in renewing the kindergarten program. Ms. Valerie Jones, our kindergarten teacher, will be providing individualized instructions to sixteen(16) eager learners, and we also welcome her to the Babyland family. Both Mrs. Crawford and Ms. Jones are residents of Newark and are graduates of local colleges.

Each year Babyland serves as a work site for summer youths, who are either assigned by the City of Newark or the Newark Board of Education. At Babyland they learn to care for infants and toddlers, to work as summer school counselors, as food handlers, or as maintenance helpers. We salute these young people who have shown diligence, patience, and interest in carrying out their duties this summer. We will all miss them and their enthusiastic approach to getting the job done. We trust that they will take the same enthusiasm with them into the upcoming school year where undoubtedly they will succeed.

Babyland is experiencing these two stressful events which are extreme opposites of one another — joy for incoming qualified staff and sadness for outgoing qualified staff and sadness for outgoing motivated young people. But, there will be growth at the end for all the children — infants, toddlers, pre-schoolers, kindergarteners, and summer youths alike — which is the philosophy of Babyland.

Workshop Held On Treatment Of Troubled Family

Once again Drs. Reynolds and Shattuck from Fordham University offered a workshop which was hosted by New Community Corporation. The topic this time was **How to Treat the Troubled Family** and was geared for counselors and various other service providers. One of the presentations was given by Jeff Bryant-Story who had been a resident at Babyland's Essex County Family Violence Program for thirty days. Ms. Bryant-Story was a battered woman who is presently the Training Manager at the South Bronx Development Organization Inc.

Dr. Reynolds informed us how to work with families resistant to therapy and how to work with batterers. It was noted that there is a difference between battering and abuse. Frequently people ask: Don't men get battered? Some do, yes. But for the most part battering is some sort of violence that escalates and endures over time. Most wives do not batter their husbands. Rather, it gets to a point of self-defense when the wife

retaliates against his treatment of her and will then abuse him physically — or even kill him, as seen in the **Burning Bed**.

Dr. Shattuck also discussed the relationship between alcohol and violence citing alcohol as a disinhibiting agent which can lead to violence.

Jeff Bryant-Story offered a new model through which to view the effects of domestic violence. She notes the woman will go through the same stages of grief as those of loss (through death) since in a relationship of violence there is a loss of trust. The service providers then can pinpoint which stage of loss the woman is in so as to be able to understand her feelings and capacity to make future life decisions.

It was a workshop packed with discussion, information and new approaches to a frustrating topic. The service and hospitality at St. Joseph's Plaza added to the warm and encouraging atmosphere of the day and we thank all who were involved.

Lending A Hand

Mrs. Mary Ann Kearney is now lending a hand with her secretarial skills at St. Rose of Lima Rectory for the New Community Network.

Mrs. Kearney is no stranger to our work in Newark since she was part of the original group of Operation Housewives who volunteered at Babyland when it was still in Scudder Homes.

Mrs. Kearney moved to New Jersey in 1952 when she was married to Paul A. Kearney, M.D. and has lived in Millburn-Short Hills ever since, where they reared a family of five sons and four daughters.

Before settling in New Jersey Mrs. Kearney earned her A.B. in Mathematics from Dunbarton College of the Holy Cross, Washington, D.C. of which she is a native. She then worked at the Applied Physics Laboratory, Silver Spring Maryland in their Guided Missile Program.

Mary Ann was a homemaker until about eight years ago when she started to work part time and then full time in Dr. Kearney's pediatric office. She has also served as President of the Millburn High School PTA and on the Millburn Conference of Parents and Teachers as well as on the St. Rose of Lima (Short Hills) School Board.

Her heart has always leaned towards Newark and she decided she

"wanted to come downtown to contribute, if possible, to the growth of New Community."

Mrs. Kearney owes her secretarial skills to her father, for, having learned some of them in eighth grade, he suggested one summer when they were unable to take a vacation, that



Mary Ann Kearney

they sharpen up their typing and shorthand skills at a school in the building where he worked.

That philosophy of putting idle time to good use is still a valuable lesson to be learned by the youth of today.

Behind The Shelter Door

Babyland's Essex County Family Violence Shelter has been under renovation recently. Over \$100,000 is being spent to improve the facility. We have new fireproof doors and exitways, new windows, paint, wallpaper and carpeting throughout the entire building.

Installation of a new automatic fire alarm and suppression system is being completed. Even our sheets, towels and bedspreads are new.

It is all part of Babyland's effort to provide a comfortable safe environment as well as quality care to the

shelter residents. Our new facelift will surely brighten the faces of those abused women and children who come to us for refuge. The shelter is bright, clean and new and presents a cheerful atmosphere in which they can rest and heal.

The staff is equally pleased and proud to be working in these beautiful surroundings. We hope to open at full capacity as of this printing, and eagerly anticipate serving the battered women and children of Essex County in fine Babyland style.

Sister Clare Elton.

TIRED OF DEAD END JOBS OR NO JOB AT ALL? TAKE THE FIRST STEP TO Training Inc.

Training Inc. is a 14-week Office Careers Program starting in early September that is co-sponsored by the Continuing Education Area of Essex County College, 303 University Avenue, Newark, NJ and the Institute of Cultural Affairs.

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623-6114

Much Learning, Much Fun At New Community

Continued from page 1

gram and you'll see.

The thrust in August was education; getting our children ready for school, stimulating the minds by introducing new experiences. We've continued our trips to beaches and lakes, but education has been a part of those activities. The month started out with special training sessions for all our summer youth staff. Thanks to a wonderful and very caring lady, Ms. Soledad Alston, R.N., we were able to bring a C.P.R. (Cardio Pulmonary Resuscitation) workshop to all of our summer SPEDY workers.

The sessions were very informative

were high in fats, but to watch the amounts you eat.

The children also learned to look for danger signs that might necessitate their using CPR or the Heimlich Manuever. We learned the universal sign of choking, what to do or what to ask and when to react. After all the symptoms were discussed and the ABC's were reviewed, the serious hands-on learning began. At first the children were nervous but after a couple of runs they all performed like young people who one day could save someone's life. We're hoping to repeat this course and eventually certify all who pass the actual test.



Soledad Alston (kneeling) demonstrates proper resuscitation technique to a group of SPEDY workers.

and very educational; just to hear some of the figures concerning how many people die of heart attacks was an education in itself. As if that wasn't enough, Ms. Alston also taught us that the best medicine is prevention. What contributes to heart attacks? The foods we eat are very important. During one of our sessions Ms. Alston directed a question to the class: What do you eat for breakfast? One very healthy looking young man answered two eggs each morning, which at the end of a week would have been fourteen eggs. He was shocked to find his cholesterol intake was very high. Ms. Alston at the same time told the class that she was not saying **not** to eat eggs, which are high in cholesterol, or other foods that

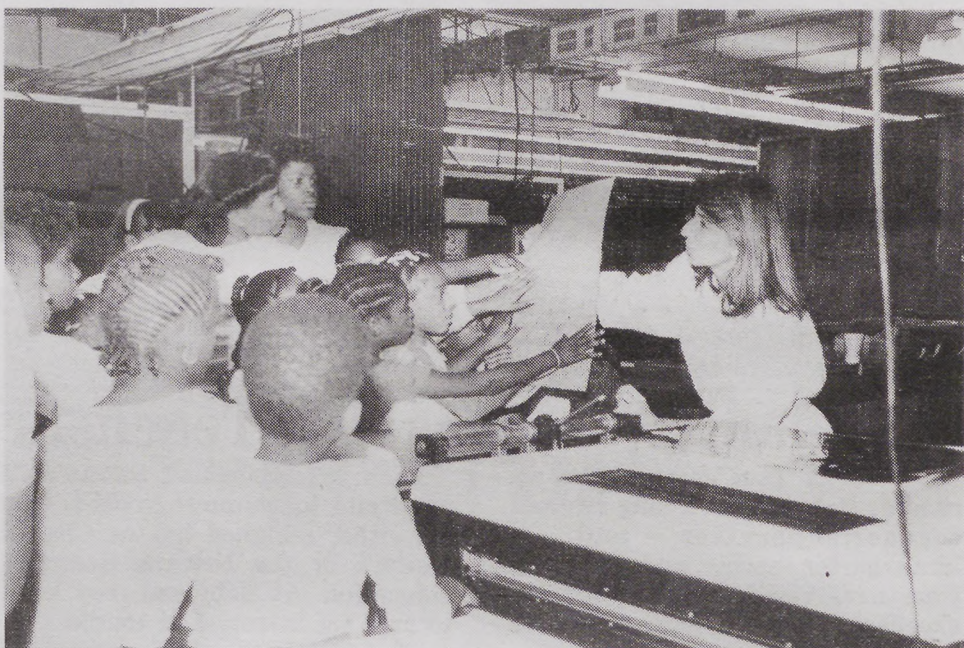
On August 12th the children and NCC Social Services showed their gratitude by presenting Ms. Alston with a plaque containing the participants' signatures.

But the Summer Youth workers did not stop there. On August 21st Thomas Dudley, site supervisor for SPEDY workers took another group of children through an experience with our Justice Department. They met a judge, visited the Judge's Chambers and took in a hearing from the beginning to the final verdict.

The summer has not only been used for the education of our summer workers, but our children from the community have been exposed to new experiences themselves. We've visited Essex County College to get

an idea of the college atmosphere and on August 5th another group visited the Clinton Milk Plant in Newark which has been distributing milk to Newark and other New Jersey residents for a long time. They toured the plant learning firsthand how milk is packaged and distributed in a large

Next stop was the airport itself: ticketing, check points, security check and we were away on a simulated flight to wherever the imaginations of our children would take them. We walked the long runway which led the children to the waiting flight. Julie was giving us



Eager young hands reach out to touch the raised lettering on a metal plate at the Star Ledger building.

operation. Upon leaving, the children received milk and hats. Thanks to owner Kelly Marx and Clinton Milk for the wonderful and educational experience.

On the 7th of August another group toured a very busy Newark International Airport. The tour started with a geographical view and a historical background of the airport. The tour guide was Julie Sullivan from the Terminal Services Department of the Port Authority of New York and New Jersey. The tour continued up to the heliport where the children had a

our preflight instruction. This experience I am sure the children will bring back later when they visit the airport to either pick up family or take a flight to some faraway place.

On August 13th, the experience to which the youths were exposed was city government. City Hall was chosen. We arrived ready for what was to be a very long day. We visited the office of the Chief Executive of the City of Newark, Mayor Sharpe James, and then our City Council. We received some information on how our government works and had a



A huge police emergency vehicle dwarfs the young onlookers about to explore it.

bird's-eye view and an explanation of all the activities that were going on — planes coming in and taking off. The children were really thrilled that they were this close to an airplane.

Next they went to the emergency squad and the airport emergency police department where the children boarded one of the huge emergency vehicles which respond to airport plane emergencies. The one aspect that amazed the children was the size of the vehicle.

chance to see the Council Chambers, where all policy and debates of City government are made and discussed. We continued our tour to the Police Department where we had the pleasure to meet Police Director Louis E. Greenleaf. He welcomed the children and spoke to them briefly about police activities and importance of the police. Our tour guide there was Sgt. John Fitzsimmons. Sgt. Fitzsimmons not only gave us a

continued on next page



Surrounded by appreciative students and coworkers, Ms. Alston smiles her pleasure on receiving their gift of a signed plaque.

Summer Youth Program...

tour but an education as we went through the communication department. We would like to extend our appreciation and thanks for the courtesy and warmth that was extended to our group.

August 26th will be a day 50 young children will remember each time they pick up the Star Ledger. On this day they had the privilege of touring the Star Ledger Building in Newark where it is produced and printed.

As the children toured the different newspaper departments they were introduced to the procedures that go into the making of a daily newspaper. They began at the reporter's room

We would like to thank the Star Ledger for taking the time to show us how a newspaper comes to be. Perhaps someday one of our group will be involved with the newspaper business.

On Wednesday, we took a break and took a dip in the cool water at Sandy Hook, N.J. It was our last trip for the year and the children had a lot of fun swimming and feeding the very hungry sea gulls.

On Thursday the Turtle Back Zoo came to visit our group which was winding down. Judith Harte from the zoo gave us a lesson on the wonderful world of animals. She brought



Mouths water as Eladio Negrón does his best to hurry along a hot dog and hamburger lunch.

with the computer that they use to send the articles to the next stage. Lay out was next; we walked into this large room where the articles are arranged precisely as they will appear the following day. The next stage was the photo room where each page is photographed and the plate or negative is put into a chemical solution and then placed on the press. The press is where the actual newspaper comes together.

When we arrived the maintenance personnel were arranging the huge rolls of paper and making the necessary repairs to get the press ready for the next day's run.

with her a 6 foot boa constrictor, a box turtle, a baby hedgehog and a possum to help her along. Some children were anxious and some were reluctant to touch the animals. It's not every day a boa constrictor and other animals visit New Community. Mrs. Harte assured the audience that none of the animals were dangerous or poisonous. The children were very excited, especially about the boa constrictor. At first the children and adults were a little scared to touch but after a few pets, everyone calmed down and the lessons went on. Thank you Judith for all the memories.

It was a very worthwhile summer.



Standing on line waiting to board a plane isn't bad when the destination is a tour of the cockpit.

Drug Information Day

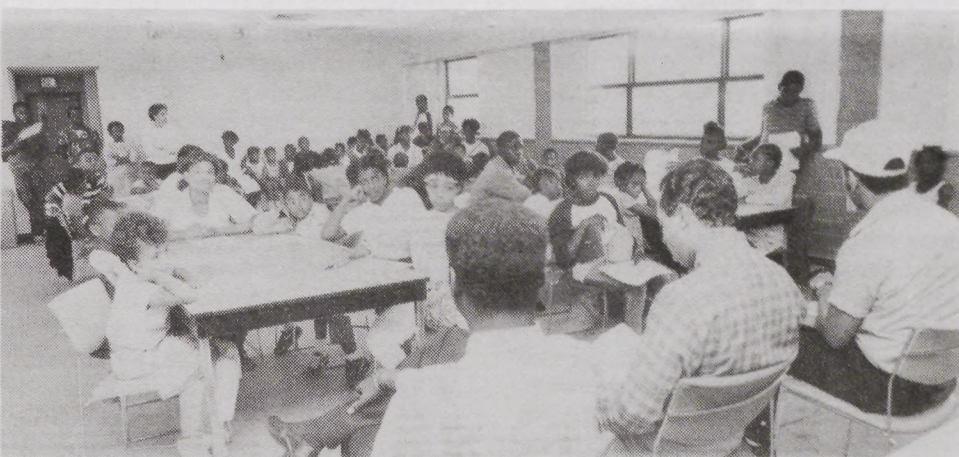
On August 25th, Scott, Jerome and Tony from the Narcotics Anonymous, (N.A.) group held a very informative session with the NCC Summer Youth Program members on drug abuse and its effects on the life of an individual. The three gentlemen are ex-drug-users and are now carrying the news of the negative effect drugs had on their personal lives and the damage it can do. The stages that they went through — from a simple beer to hard alcohol, then smoking marijuana, popping pills and finally shooting heroin were discussed. The one thing they all said is that although each ex-

perinece was different the final outcome of each was the same total destruction.

Spending all the money they had on drugs, waking up feeling that they had to do something to get enough money for the next day's buy was something we had to hear firsthand to understand and believe.

The advice all three gave the audience at the conclusion of the session was to get help if you are involved, and don't start if you are not.

Eladio Negrón
Social Services



A subdued but attentive audience listens to some sobering facts on drug abuse.

Parkinson's Health Hotline

Here's a fact few people know: It's estimated more than a million Americans have the progressive brain disorder Parkinson's Disease.

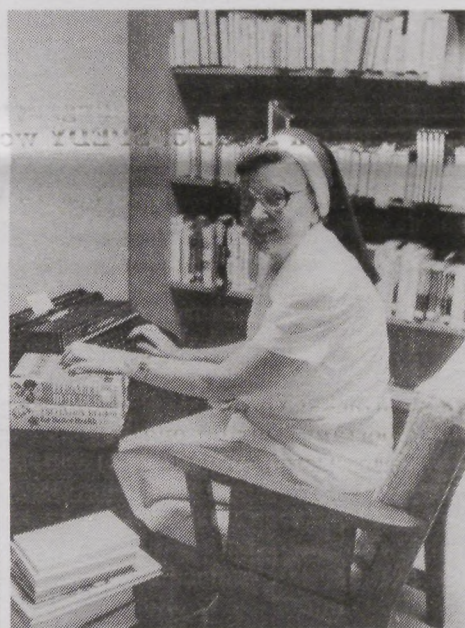
Characterized by muscle stiffness and tremors, it affects more people every year.

At last there's a number Parkinsonians and their friends and family members can call for sensible, intelligent, sympathetic answers to questions about living with Parkinson's Disease.

The Parkinson's Disease information and referral center, at Robert Wood Johnson Hospital, Middlesex, N.J. will refer you to neurologists experienced in the treatment of Parkinson's and also to self-help groups. Call 745-7520.

Sister Anastasia
Social Services

Library Volunteer



Sister Jeanne Tierney, a Sister of St. Joseph of Peace with a Masters in Library Science from the Catholic University of America, has volunteered her services to set up the library of the Extended Care Facility and Medical Day Care Center.

NOW, THERE IS HELP

THE ESSEX COUNTY FAMILY VIOLENCE CENTER



SHELTER — COUNSELING
REFERRALS BY TRAINED STAFF
FOR
BATTERED WOMEN
AND THEIR CHILDREN

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Health Care Update

"A little and a little, collected together, becomes a great deal; the heap in the barn consists of single grains, and drop and drop make the inundation." Saadi

It is often so easy to procrastinate, to ponder and wonder if that which you are doing can really make a difference. It is easier to stay home than to visit the sick; it is easier to spend time with friends than to spend time and/or give blood for our fellow man.

On August 6, 1986, Governor Thomas Kean dedicated the new pediatric cardiovascular surgical unit at United Hospitals Medical Center in Newark. In addition to this special heart surgery unit for children, Newark is home for adult cardiovascular surgery centers as well as the site for our State Trauma Center at University Hospital. Advances in treatment of disease now utilize more blood components than ever before. All of these factors combined place a special demand on the blood supply for our area.

The gift of one's blood can only be from one human being to another; this universal product which knows no ethnic boundaries has yet to be duplicated by man.

You can donate blood if you weigh more than 110 lbs., are in good health and between the ages of 18 and 66. You may give at the age of 17 if you have a signed blood bank permission slip or if you are between 66 and 76

years with proof of a recent physical. At the time of donation you will have specific health history questions asked and you will be checked for anemia and to be sure that your blood pressure is not too high nor too low. You are also supplied with information requesting you voluntarily not donate if you are considered to be a prime candidate for Acquired Immune Deficiency Syndrome (AIDS) which includes having had a recent homosexual encounter or using IV drugs since 1977. The recent fear of AIDS has also decreased the blood supply. Each unit of blood which is taken is tested and processed for the AIDS virus to protect the individual receiving the blood transfusion. It is truly a myth that the donor can contract AIDS through his/her blood gift.

Our local blood bank is located at 45 So. Grove Street in East Orange. Donor hours are Monday, Wednesday and Friday from 8:00 a.m.-5:00 p.m.; Tuesday and Thursday from 9:00 a.m.-7:00 p.m. and Saturday from 9:00 a.m. until 1:00 p.m. By the end of September a brand new blood-mobile will be available to schedule a small group for donation; appointments can be made for this new vehicle by calling (201)676-4700. Little by little, drop by drop, we can each make a difference — we need only to begin.

Connie Ford, RN, MPA

A Happy Volunteer

Volunteering my services at New Community Extended Care Facility was a great experience. I enjoyed working with the staff and around a business atmosphere. During my last year at St. Rose of Lima School in Newark, the Service Corps program was introduced to 7th and 8th graders. Being involved in this program introduced me to the New Com-

munity Extended Care Facility. The job that was chosen for me was to be the administrative assistant. I enjoyed it so much I asked Ms. Ford, if possible, could I volunteer for the summer. After a meeting with Ms. Ford it was concluded that I would volunteer 5 hours a day.

The different jobs I've done this summer were exciting and I enjoyed working in the business world. Some of my experiences in the business office were assisting in payroll, Medicaid billing, filing and working with the PNA (Personal Needs Allowance) account. My favorite job this summer was visiting residents asking for their signatures for an important form.

I thank everyone for accepting me with open arms, and taking the time to work with me, and also for the lovely smiles and hello's every employee gave me.

Maybe one day I'll get to sit in the administrator's chair.

Latosha Hay



Latosha Hay

Certification Required

The State of New Jersey, Department of Health has mandated that Nursing Assistants, employed in an extended care facility, be certified. Nursing Assistants are now required to have taken a 90 hour course in order to meet the Department of Health standards.

27 Nursing Assistants employed at New Community Extended Care Facility took the certification exam at the Daughters of Israel Home in West Orange, NJ on August 20, 1986.

Of the 27 Nursing Assistants, two were employed as part of New Com-

munity on the job training program.

Ms. Elsie Koahy and Ms. Fredrica Tyne, both after months of hard work and dedication to the facility and residents, were chosen to take the exam.

Certification will ensure that Nursing Assistants are properly trained to provide quality nursing care; it gives the Nursing Assistant a feeling of pride, prestige and professionalism, like that of all other health professionals.

Good luck to all you future nurses.

Jacqueline Ragin, RN
Director of Nursing

FOOT FACTS:

PEDIATRIC PODIATRY

Office Hours at St. Joseph's Plaza
9 - 12 Mon. 9 - 12 every 2nd & 4th Sat.

Pediatric foot problems can appear very early. They require attention, because the bones in a child's foot are soft and pliable and easily damaged by constricting shoes, socks, and even bedding. Shoes that fit are especially important for a young child's rapidly growing feet.

Parents have to be on the alert for early developmental problems, since children do not usually complain about them. Check with your podiatrist at the first sign of excessive toeing in or out, flat feet, walking or standing strangely, stumbling, or tiring easily. Help your children get off to a good start!

CHILDREN'S SHOES

Babies are better off without shoes until they start walking. As soon as children start walking, make sure their feet have ample room for normal growth. Check their shoes often, since shoes up to two sizes too small may not cause much discomfort!

New Shoes

Don't use hand-me-down shoes. They mold the child's foot to someone else's shape, and can lead to foot problems.

What kind?

Children's shoes should be sturdy, but they don't have to be expensive. Check with your doctor for a recommendation.

What size?

When you buy new shoes, make sure there's a thumb's width between the end of the longest toe (either first or second) and the end of the shoe. Also, make sure the arch of the shoe fits the arch of your child's foot.

PEDIATRIC FOOT PROBLEMS

Two common children's foot problems are toeing in and flat feet. Through such treatments as exercises, casting, and orthotics, your podiatrist can help. If the trouble is detected early, your child will have fewer problems later on.

Dr. Kenneth
Frank

Podiatrist



Toeing In

Most babies begin life with their toes pointing slightly out. However, if the unborn baby lies with its feet pressed against the womb the wrong way, it can be born with its feet turned inward. The condition can make learning to walk difficult. Tripping may be the first sign of toeing in.

Exercises

Toeing in can often be corrected through stretching exercises. The podiatrist can teach parents some simple exercises that can help straighten out a baby's feet. The exercises take minutes a day, and they are performed until the problem is corrected.

Casts

In some instances, plaster casts can be used to coax a baby's feet back into normal position. Just as braces gradually reposition teeth, casts gradually reposition feet. The casts are changed periodically until the podiatrist determines that the feet are properly aligned.

Flat Feet

Many babies naturally appear flat-footed. Usually, this will disappear as the baby begins to stand and walk. Children with flat feet, or low arches, may not be able to keep up with other children because of the added strain on feet and legs.

Orthotics

Orthotic devices can be used to maintain proper foot support. They are made of plastic and must be refitted as the child grows older. Orthotics help to realign the foot and distribute body weight evenly.

Have Problems Checked

If you suspect any foot problems, have a podiatrist examine your child. You may spare your child further problems later in life.

Never Too Late

The Division of Adult Education under the auspices of The Newark Board of Education has extended their services to New Community Extended Care Facility and Medical Day Care Center. Basic skill courses such as reading, writing, mathematics and special services are provided. Ms. Patricia Stein, a resident at New Community Extended Care Facility is being prepared for her GED certification under the program. She has just taken a pre-test to determine areas of needed preparation ranging from reading comprehension to word association. The program is held at West Kinney Alternative High School here in Newark and participants range in age from 16 to 77. Any residents of New Community Extended Care Facility or participants in the Medical Day Care Center who are interested in Basic

Skills Training are asked to contact Byron Jones, Director of Activities at the Extended Care Facility for more information.



Patricia Stein checks some of her notes with Recreation Assistant Hilda Matos.



at ST. JOSEPH PLAZA
233 WEST MARKET ST.
NEWARK, NEW JERSEY
(201) 624-7373

A Recipe For Fitness

There are thousands of recipes — from apple crisp to zucchini stew, but this recipe is a little different. This recipe not only doesn't have any calories but goes one step further and actually BURNS calories! That's right — you can believe your eyes — I said BURNS calories. Want to know more? Well then keep reading. This recipe has unique ingredients, but the ingredients are neither difficult to find nor expensive to buy. Actually for what you get the price is almost ridiculous. But enough talk. By now I'm sure you are interested in getting into the spa to start cookin'!

The ingredients you will need include:

3 to 4 sessions of aerobic exercise per week

Exercise at 70 to 85 per cent of your maximal heart rate

Exercise for twenty to thirty minutes per day

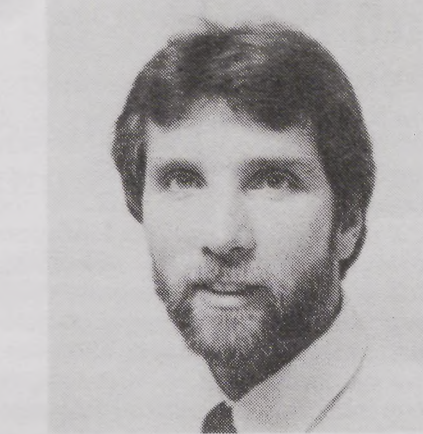
Reduce stress

Reduce fat in your diet

Stop smoking

(notice that there are no artificial additives or preservatives)

Combine your aerobic exercise



by Kerry Gillespie,
Exercise Physiologist

three times per week at 70 to 85% of your maximal heart rate (you can find maximal heart rate by subtracting your age from 220) for 20 to 30 minutes per day, and mix it together with a balanced diet. For the real gourmet you might want to fold in some strength training — not too much, just enough for strength and tone. Any more and it becomes overpowering. You can sweeten the whole mixture simply by mixing in just a dash of flexibility work. This is important also to keep the entire mixture from getting too stiff.

After you have combined the ingredients, let them cook for 8 to 12 weeks at the New Beginnings Spa and Wellness Center and watch your fitness level rise. (Caution: You have to keep your exercise up or your fitness level will fall). For the icing on this cake, try to leave out stress and smoking. To help make your health even sweeter, reduce your fat intake and your overall body fat.

This recipe is tried and true and if you follow the simple steps, you too can be the master chef of your healthy active life!

Feed your body exercise. It will eat it up!

Kerry Gillespie

New Beginnings Spa Instructor On The Air

Kerry Gillespie, the Exercise Physiologist from the New Beginnings Spa and Wellness Center, was the guest of the show "Sixty Plus" on Channel 68 on the UHF dial. The show "Sixty Plus" is hosted by Emma Fantore and deals with issues relating to the Senior population. The show that was taped on August 20th on Exercise and Senior Fitness will be aired on September 2nd at 10:00 a.m.

The program is geared to inform Seniors on a wide range of topics. Mr. Gillespie answered questions relating to how seniors should get started with exercise, the proper way to exercise and the benefits they can derive from the exercise. The idea for the show resulted from an article that appeared in June in the Sunday Star Ledger about the Senior Exercise Program at the Spa.

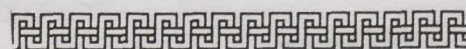
The final segment of the show was a demonstration of a rowing machine. In the segment, Mr. Gillespie demonstrated the proper way to use the machine and then had Ms. Fantore try it out.

The show "Sixty Plus" with Emma Fantore can be seen every Wednesday morning at 10:00 a.m. The show



Kerry Gillespie ponders a question during his guest appearance on Emma Fantore's TV show.

is taped in Newark for seniors. The shows are both interesting and informative, which make them worth your time and support.



New Beginnings Spa Member Of The Month

Evelyn Davis works for the New Jersey State Department of Corrections as Assistant Superintendent for Female Offenders. She is Administrative Counselor for them as well as an Adjunct Professor at Seton Hall University.

According to Evelyn, exercise and nutrition have always been imperative to good health and a happy life, therefore she has strived to maintain a regular routine.

There were periods in her life when she became remiss about attending a spa regularly, she says, and procrastinated about spending the money required. Evelyn went along until she was forced to acknowledge the fact that she was not able to cope with daily stresses effectively; she was feeling sluggish, lacking enthusiasm and was dissatisfied with her overall physical health.

Recognizing the need to act immediately, she began to contact several exercise programs attempting to find one that could accommodate her needs and standards. Upon visiting the St. Joseph Plaza for lunch one day, Evelyn says, she became aware that there was an exercise program that also provided Nautilus equipment for building and toning. After attending the orientation she decided that this specific program addressed her needs and also offered a friendly atmosphere to work off life stresses. She says she has found the clientele to be mature, motivated people, who are quite



Evelyn Davis

serious about maintaining good physical health, and has also found the staff to be friendly, conscientious and quite accommodating.

Since becoming a member she has lost over 10 pounds in fat and inches and told us she feels great after a vigorous work-out (especially with ED).

Evelyn is enjoying her new beginning at the spa and her super results and plans to be a member continuously. To the instructors she says, "KEEP UP THE GOOD WORK GUYS!!!"

Congratulations are in order for her too as **Member of the Month.**

Volunteer Luncheon Held



A "Thank You" luncheon is extended to summer youth volunteers who donated many useful hours of work in various departments of the Extended Care Facility this past summer.

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Free delivery and set-up 24-hours, 7 days a week

For all your home care equipment and respiratory needs, Call 676-7867

At Your (Social) Service

by the Staff of NCC Social Services Department

Senior Calendar Of Activities

To date the following trips for Sept. have been planned:

Sept. 11th — South Mountain
Sept. 11th — Senior Crafts Fair
Sept. 13th — Trip up the Hudson on Sept. 11th — the Dayliner

For information concerning either of these trips please contact Joyce Holmes at the Social Service Office 623-6114 or 623-6299. Other activities and trips are being scheduled so please keep watching the bulletin board in your building or call the office for information.

August was a very busy month for many of our seniors as they were on the go almost every week. July 31st found 22 of our seniors enjoying a lovely outing at the Mount Haven Resort in Milford, Pennsylvania. This was a fun-filled day which started with a buffet breakfast, consisting of french toast, eggs, bacon, sausage, danish, rolls, coffee and tea, and as much as you could eat! After breakfast there was entertainment for all. In the viewing room was showing of the hit movie "Cocoon" and in the bar area was Oldies but Goodies music and slide presentations. Then there was time for the Seniors to browse through the gift shop and walk the lovely grounds of the Resort. Due to inclement weather many of the outdoor activities were closed for the day but this did not dampen the

spirits of anyone. A lovely time was still had by all. This group is looking forward to a return visit.

Other trips took the energetic seniors to Seaside Heights on August 14th. This was a trip planned by the 545 Club and they had a full bus load of 56 persons. The transportation was provided by the Division on Aging for both this trip and the one to Mount Haven. Our thanks to them for making it easier to get away.

On August 23rd, a group went to the lovely Lake Welch in Rockland County, where they had an afternoon of fun in the sun. Another group went to Suntan Lake on August 30th, which is a great recreational area that provides for everyone. It has a large lake and a pool for those who prefer fresh water.

These are just some of the many things that happened during this warm summer and those who chose to come along found that they really enjoyed themselves. I am happy to mention that several of our residents at Douglass-Harrison also joined us on many of the trips and are looking forward to coming for more.

Plans are being made for the Fall schedule and so far it looks just as exciting, so rev up your engines and let's get going! Remember, we try not to let the weather stop us because a good time can still be had. We look forward to seeing YOU on the next trip.

NC Commons Seniors

On July 6, 1986, the president of the 140 Club, Viola Walker and the corresponding secretary, Ruby Dawson represented the 140 Commons Seniors at the 25th Anniversary of the National Council of Senior Citizens in Florida. They brought back some very interesting literature for us to read.

On July 18, 1986 the Executive Board of the Tenants Association and the Grievance Committee had a wonderful time at St. Joseph Plaza, with their own private dining room. Everyone ordered his or her own choice of dinners which were delicious.

Our Library Club will be coming your way soon. They have the books in now.

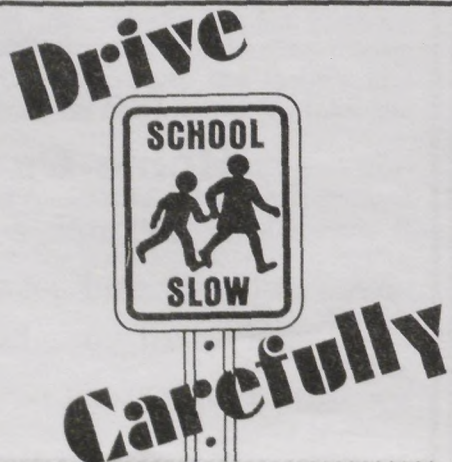
Hats off to the Committee for the Sick for doing such a wonderful job. Keep up the good work.

Connie Wise

A Sunflower Grows On Bruce Street



Mrs. Marion Perry and her son Heath, NC Gardens Family residents, are dwarfed by the size of this very perfect sunflower growing in their front yard. Mrs. Perry, an avid gardener, started the sunflower seed indoors in early Spring among the lush houseplants in her living room.



NC Manor Seniors Host Summerfest '86

On August 1st and 2nd Manor Senior held its first annual Summerfest program. The program consisted of games, food, flea market and craft sales. There was even the extra special attraction of a cotton candy machine to help add to the festive atmosphere. Almost everyone helped in one way or

pleased at what they saw and had a grand time.

The affair was open to the community as well as the residents of Manor, to help create a sense of unity and harmony — plus it was a lot of fun for everyone. Many of the seniors has their grandchildren visiting them and this proved to be a



The flea market proved to be a popular spot during NC Manor Senior's Summerfest.

another to make this affair a success.

At first the threat of bad weather kept everyone skeptical about the outcome of this two-day event. But everyone pushed on ahead determined to make this something special. The affair was held in the rear parking area of 545 Orange Street and it looked like a mini fairground with pennants and all the enthusiasm of a festival. The residents were anxious to come down and see what was going on in their backyard. They were

way entertaining them and having them outdoors for a while.

The purpose of this affair was to enable Manor Seniors to purchase a VCR for the use of all the residents. Needless to say the Summerfest program was a success, because the VCR is on its way, and the residents of Manor are quite proud of their efforts.

It goes to show that anything is possible with a little team work!

Joyce Holmes

NC Gardens Seniors

The things we can do to help ourselves have no limits. This time last month we were talking about how nice it would be if we had a VCR for our community room. We wanted to see some good movies and educational programs and having a VCR was one way to be able to accomplish our goals.

Here we are in September and we

now have our own VCR thanks to our manager Ms. Lee Reese and the support of many good people. Now we can have movies whenever we want with the flip of a tape. We're feeling good about being able to accomplish this for ourselves in one short month.

Thanks again to all who helped us.

Mrs. Edna Davis



Residents of NC Gardens enjoy the use of their new VCR which they purchased with money earned through their own efforts, as Lee Reese helps adjust the TV Set.

WHAT IS THE COST?



LEWIS
GRAVES

Cost is the amount or equivalent paid or charged for something. All of us want something whether material or immaterial. These wants are to some extent influenced by how we view life, its problems, what our principles are, and how we evaluate our priorities. Before we gratify our wants, we might ask ourselves, what is the cost and whether or not we are willing to pay the cost. If it is a certain position we want, then we must take into consideration the years of study and preparation prerequisite to attaining that position.

It is common for shoppers to seek bargains, merchandise at a reduced price, but some bargains have hidden costs. There's a small flesh-colored species of worm about one inch long, that in one year alone destroyed thirty-five million dollars worth of corn in the United States. First discovered in New England it slowly spread westward multiplying at an alarming rate and ultimately infesting the entire Corn Belt and adjoining states. Much of the harm that visits mankind today is caused by various destructive forces that are scarcely noticeable. Because evil is not readily seen, sometimes it is felt that it does not exist. The hidden germs in life can cause great harm at a great cost. Negative behavior traits imbedded in one's character may be dormant for a while, but in a time of crisis come forth, causing one to be destroyed—and can be very costly. A tall tree was long admired by those who sat beneath its shade. Then one day, to the sadness of its admirers, the stately tree fell. On inspection it was noticed that the termites, over a period of time, had been eating away at the trees inside, ultimately destroying it.

There is a great beauty in life if only we would take time to view it and stop along the way to smell the roses. All about us are beautiful people whose countenances radiate kindness, concern, and love; whose lives manifest their inner beautiful thoughts and soul. Beautiful lives are disciplined lives, beautiful people are disciplined people. If young people want to grow up to become beautiful people they must learn to accept discipline as part of the price they must pay. Discipline is orderly prescribed conduct and a pattern of behavior involving what to do and what not to do. It involves constant attention to what is right and what is wrong, and consistently choosing the right while abstaining from the wrong. That's the cost.

Sometimes the cost of what we want is too high for us to pay or we are not willing to pay so high a cost. Remember the story of the rich man who wanted everlasting life? He asked Jesus what was the cost, and Jesus told him to give his possessions to the poor and follow him. The young ruler wasn't willing to do so and turned away. The cost was too high; he wasn't willing to pay the price for everlasting life. There are some of us who want a good life and peace of mind, but we are not willing to pay the price. We feel that the cost is too high and like the rich young ruler, turn away into oblivion. There are some of us who want a certain job or position but we are not willing to go to school and study long enough to qualify for it. We feel that the price of attaining that height is too much, in time and labor, and we are not willing to pay the cost, so we turn away from a career in which we might have been successful. What a waste of talent abounds in our community.

If you aim at nothing, you hit nothing. If you fail to plan, you plan to fail. One must be willing to sacrifice and pay the price. All of us would like to experience a state of well being and success, but some of us go about it in different ways: some seek the way of sin; and others the road that leads to eternal life. So, before we journey toward our goal, it might be expedient and exigent for us to honestly ask ourselves, "What is the Cost?"

Home Friend Of The Month

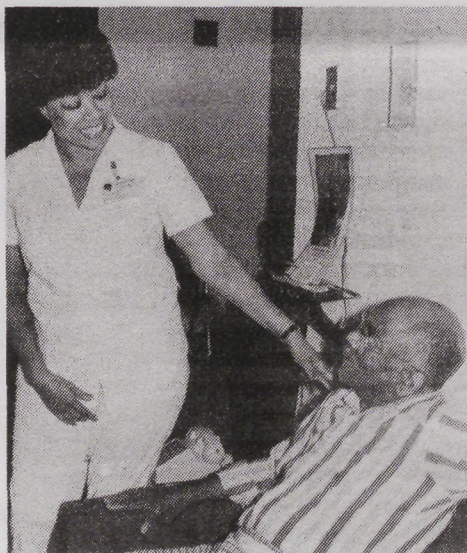
Martha Carr is being honored as Home Friend of the month, for a job well done.

Martha was born in Petersburg, Virginia and has been working with the elderly for 5 years. She's been with New Community ever since the Home Friend Program began in 1984.

"I enjoy working with the Seniors and the Young Disabled. When I go home at night, I feel like I have really done a good deed, and I feel good about myself," she told us.

Martha does much more than her job requires, but she's always willing to give someone a helping hand, whether or not they are one of her clients. Whenever I commend her for the job she does, she always says "I do my best".

Congratulations Martha, you deserve to be honored.



Martha Carr coaxes a smile from NC Manor Senior resident Louie Mallard, one of her favorite people in her care.

Future Nurses Have Bright Tomorrow

The Future Nurses Program has made great strides. Over the past eight months the membership has maintained fifty-four of the sixty participants enrolled. The girls have had experiences working in the Nursing Home and community service work. They are presently preparing themselves to begin their work at United Hospitals. The support has been tremendous.

Mrs. Louise Ragin has been conducting the in-house seminars and the girls are really beginning to realize the need for knowledge. They understand that it is not enough to know **what** is happening as much as **why** it is happening. They are learning the pitfalls of urban living and how to avoid them. Not only will the students be able to help themselves but they will pass down information to other peers, younger relatives, and friends. Ultimately, they will serve as role models for their communities.



Keysha Wyne (center) and Monique Jacobs (R) interview a NC Commons resident as part of their community service duties.



Future Nurses line up for orders from project director Georgia Ransome (R) during Keep-Well Week.



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- Our **BREAKFAST SPECIAL AT \$2.50** consists of eggs, grits, bacon, beef sausages, toast, tea or coffee!
- Lunch and dinner features items such as **HOMEMADE** biscuits, beef stew and fried chicken, **FRESH** fruits, and salads. Dessert, soda, ice cream sundaes and soft yogurt can refresh you.
- Take out items can be prepared.
- Party arrangements can be handled.



TRY US—YOU'LL BE GLAD YOU DID!

Open 6:30 a.m. to 8:00 p.m.

BREAKFAST LUNCH DINNER

That All May Be One Feastday Festival Joins Hearts

St. Rose Church celebrated its Patron Feast on Sunday, August 24th amidst national flags, floating balloons, tasty foods and community prayers for peace and unity. For three nights prior to Sunday's feast, parishioners assembled for evening prayer services in thanksgiving for blessings on the community, for healing in areas that divide the neighborhood, and in petition for growth in unity and peace with one another. Over 300 people joined in Sunday's Procession of the Nations and Liturgy of the Eucharist. Monsignor William Linder, in his homily, assured everyone that the diversity of cultures in St. Rose's proclaims God's goodness to us and that with Jesus the parish will pray to the Father that "All may be One in God."

Following the Eucharistic celebration, everyone gathered on the Church steps to release balloons filled with Gospel messages of peace and unity into the community. The day



Colorful flags, national costumes, and gay spirits abound during the Procession of the Nations winding towards St. Rose of Lima's steps. Over 300 people joined in the varied festival events.



St. Rose Parishoners prepare to serve the many ethnic dishes they prepared especially for this Patron Saint feast day.

then continued with a parish festival of foods, entertainment and friendship in the parish garden.

Throughout the celebration, historical, geographical, social and political information flowed not only from persons of different nationalities, but also from parents to children reminding them of the richness of their cultural heritage. "Curry is a favorite spice in Jamaica," explained Mr. Richards as he offered his wife's dish of curried goat for sampling. "New Orleans jambalaya is a creole dish similar to the Dominican sancocho," reported Sr. Clare. "The flags of Colombia, Ecuador and Venezuela have the same gold, red and blue fields," explained Conrado, "because they were once part of the same great Colombia Federation under Simon Bolivar." "Did you know," added Felix Roig, "that Cuba's flag has the same design as Puerto Rico's, but the colors are reversed?" Ten year old Angelito Quispe reminded Carolina Merced that if he wasn't so busy playing on the swings, he too could dance his native Peruvian folkdance similar to the PLENA she danced with the Puerto Rican folk group. Flor Piscoya proudly explained the articles of llama wool and ornaments of gold

from Peru while Fatima Baez showed the raw products coffee, sugar cane and cocoa to passers by. No one needed any cultural explanation about Mr. & Mrs. Massuci's Italian bread and wine other than how it disappeared so quickly.

Cool fresh breezes, brilliant sunshine and music from guitars, bongos and maracas filled the garden throughout the day and provided a beautiful background for meeting one another.

Everything came to an abrupt stop however when 10 year old Elvira Ferre, accompanied on the guitar by her father Eulogio Ferre, began to sing in Spanish. Her strong clear talented voice drew everyone to her presence. As we listened with delight, it was as if she had captured the meaning of the whole day. Regardless of the identities we assume from our color, race, nationality or creed, deep within each of us is a gift to be shared and an unique person to be discovered. It was as if the silence of listening to the music was an unspoken promise to keep our hearts open to the possibilities of finding that special someone in each person we encounter.

Sr. Mary Joan Fries

Teaching Christian Values

Should your belief as a Christian have anything to do with the way you act in a school cafeteria? Indeed, it should and does. For instance, if students are taught that God is the Father of us all, and that they are all brothers and sisters, then, they will treat each other with courtesy and respect and everyone will enjoy the food and drink, and the company of being together.

Everything they learn from an enjoyable experience of sharing food and drink and eating together, and the companionship and friendship which accompanies it in their lives, should help them appreciate the School Liturgies. Christ's presence as our food and drink in the Eucharist should help the students to find Him and serve Him as He is present in each of their brothers and sisters at home and in school.

Daily communication with God through prayer in class should set the tone for all the students do that day in the classroom, on the playground, and at home.

St. Rose of Lima School tries to teach Christian values in many ways through music, plays, and plain interacting with teachers and other students. By using these and other methods, especially through the example of our teaching staff, the school will help students look for God in every situation of their lives with the light of Christian faith.

We at St. Rose of Lima School are believe that even our youngest students can learn Christian values. Christ set the example when He invited the little children to come to Him and drew them gently around Him to experience His love. We hope to do the same.

Sister Clare Terrance
Religious Coordinator

St. Rose Of Lima School Uses Team Approach For Maximum Learning

When students return to school at St. Rose of Lima, a new term but an old concept will confront them. After the initial pre-testing and review periods have been spent, the term **core-curriculum** will come into play.

Core curriculum grouping is nothing new. This concept has been around for many years. The full impact of this arrangement will be felt in the sixth, seventh, and eighth grades, better known as our Junior High Division. Using a unified approach to the teaching of selective subject matter, children in all three grades would be introduced to the same skills and concepts at the same time but at different comprehension levels.

The structuring of the curriculum to undertake this approach will primarily be the responsibility of a team of teachers grouped accordingly to their grade levels. Kindergarten, first and second grades are the Primary Division, while third, fourth, and fifth grades will be considered the Intermediate Division. The sixth, seventh and eighth grades comprise the Junior Division. Using the individual talents of teachers in each division, resources can be pooled appropriately in order that students may receive the maximum amount of concentrated skills. Students will be introduced to the faculty not as grade teachers but as a professional team that is responsible for their learning collectively.

Teachers of each division will meet on a regular basis under the chairmanship of a lead teacher to plan learning strategies and establish discipline procedures pertinent to their group. For example, the process of high school selection begins at grade six.

Therefore, results from the Archdiocesan Testing Program for high school entrance are required from the sixth and seventh as well as the eighth grade.

Miss Cabato, the 9th grade homeroom teacher, who is returning after a year of absence, will be the lead teacher of the Junior Division. Having majored in life science, history and Religion, she brings many years of experience in teaching.

Mr. Fabrizio, who is beginning his 2nd year at St. Rose of Lima will also be a member of the team. His expertise in Mathematics, reading and history will be used to challenge students to reach their greatest potential.

Ms. Eugenia Johnson, who is new to St. Rose of Lima this year, majored in English and literature and has worked extensively with young adults and teenagers. She was a part-time computer learning center coordinator responsible for orienting students to the effective use of computers and for developing the curriculum for Freshman composition and literature classes at Ohio University.

Since the majority of our eighth grade graduates enter Catholic and private high schools, pride runs high, and enthusiasm, for the start of another year, is but one indication of success.